

DROP-IN DRILLS



SURPRISE TENNIS & RACQUET COMPLEX
14469 W. Paradise Lane, Surprise, AZ 85374
623.222.2400 www.surpriseaz.com/tennis

Looking to work on your game but can't commit to a complete session of classes?



Try one of our popular drop-in drills. .

Simply contact the front desk #623-222-2400 to register.



WINTER 2017 Drop-In Drills Schedule

Dynamic Tennis–Monday Nights at 7:30pm

This 90 minute session is designed for the 3.5 rated player and/or above (or pro approved) looking to improve their game. These classes are a great way to practice and play points while working on technique and implementing tactics and strategy. Dynamic tennis means that in most instances the participant self-feeds and/or the pro feeds, the ball, in order to start the drill or point. The number of people and skill levels may vary but that only adds to the fun and learning.

7:30-9pm MONDAY NIGHTS

Ages-19 years and older

\$15 per class (minimum 4/maximum 8)/1.5 hr

Tenniscize – Tuesday Nights at 7:30pm/Saturday Mornings Supertenniscize at 7:30am(Oct-April)

A fun filled hour program that incorporates warm-ups, innovative drills and singles and doubles play-all done to motivational background music. You will improve your aerobic and anaerobic capacity by hitting over 200 balls per session. Players must register at front desk at least 24 hours prior to drill.

Instructed by Mario Celarie

7:30-8:30pm TUESDAY NIGHTS

Ages-19 years and older

\$10 per class (minimum 4/ maximum 10)/1hr

7:30-9am SATURDAY MORNINGS-SUPERTENNISCIZE!

Ages-19 years and older

\$15 per class (minimum 4/ maximum 10) 1.5 hr

Dominating Doubles– Thursday Mornings 8:30-10am (Oct.-April)

Work on your doubles game and your fitness. Develop sound strategies, anticipation skills, and net play. Designed for players rated 3.0 or higher. Players must register at front desk at least 24 hours prior to drill.

Instructed by Mario Celarie

8:30-10am (Oct-April)

Ages-19 years and older

\$15 per class/1.5 hr

Adult Development– Saturday Mornings 9-10:30am

This 90 minute well-rounded clinic is for the 3.0 and "returning to the game players" who are looking for a coherent path to better tennis. Players will work on skill development and then learn how to utilize them in game situations. Participants will develop a much better understanding of the game and hence enjoy it even more.

Instructed by Mario Celarie

9-10:30am (Oct.-April)

Ages-19 years and older

\$15 per class/1.5hr